



# FOUNDATIONS FOR HEALTHY EATING

Take Your Vitamins; Watch Your Salt

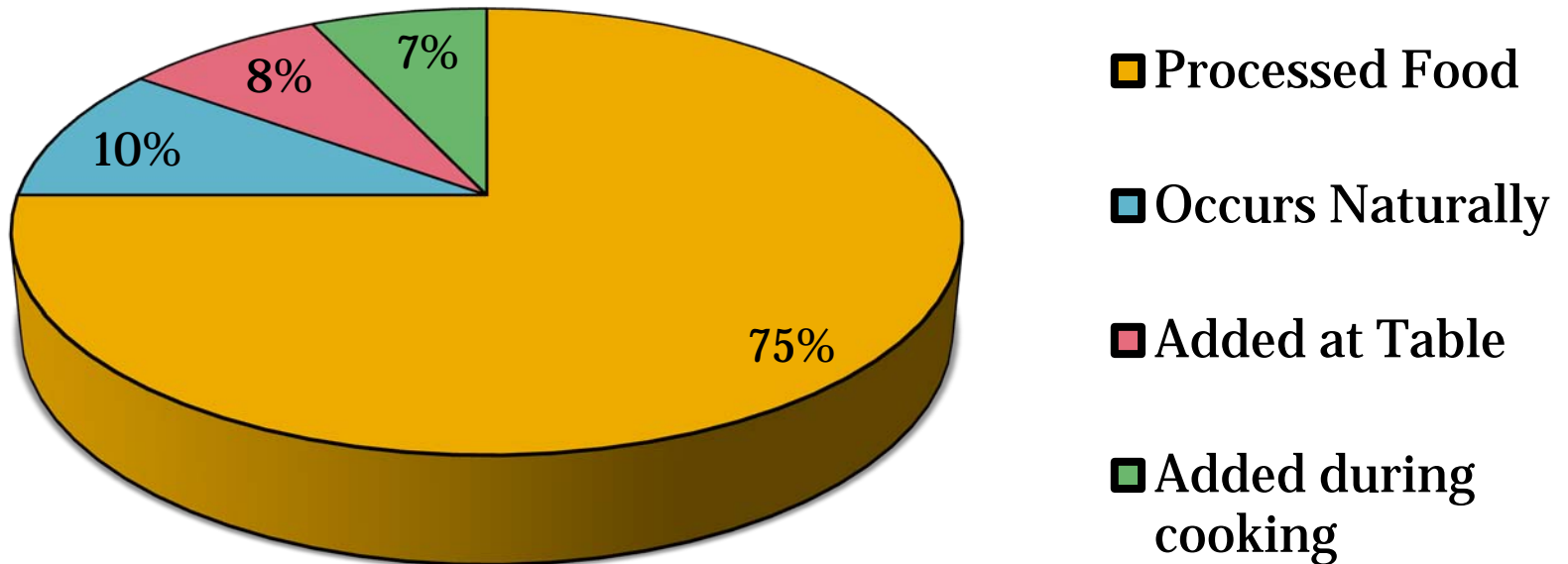
# Essential Vitamins

Vitamin	Sources	Required For
A	Milk, eggs, green vegetables	Eyes, skin
B	Whole wheat products, liver, soy beans	Energy production, nerves, skin
C	Oranges, tomatoes, fresh green vegetables	Blood vessels, preventing colds
D	Milk, eggs fish oil, sunlight	Teeth, bones
E	Whole wheat products, eggs, butter	Heart, lungs, blood vessels
K	Fresh green vegetables	Blood clotting



# Limit Salt Intake

## Salt Sources



# Nutrition Resources

- Consumer information
  - ▣ [American Society for Nutrition](#)
  - ▣ [USDA Food and Nutrition Service](#)
- Meal preparation

